

★ Star Breathing

Star breathing is an easy visual strategy that teaches children to slow down, focus on their breathing, and calm their bodies. Encourage children to trace the star with one finger while breathing in as they go up, breathing out as they go down, and pausing briefly at each point.

💡 **Teacher Tip:** Introduce star breathing during calm parts of the day (morning meeting, transitions, or after recess). Children are much more likely to use it independently during stressful moments if they've practiced it when they are calm.

STAR BREATHING

Trace the star with your finger
and take deep breaths.

